



Piquant Salad Dressing with Lemon

NIBBLEDISH CONTRIBUTOR

Ingredients

Serves 5

- **4.5 tbsp** sunflower oil. or olive oil
- **150 ml** lemon juice
- **3 tbsp** Shallots
- **1 tsp** Parsley
- **4 tsp** yellow mustard
- **2 pinch** salt
- **1 tsp** finely chopped tarragon

Instructions

Finely chop shallots and parsley. Combine all ingredients in a bowl and mix them together.

NUTRITIONAL VALUES (1,4 to 1,6 PAL which corresponds to moderate activity of an office job)

WOMAN

Calories 6% RDA,

Protein 3% RDA,

Fats 17% RDA,

Cholesterol 0% RDA,

Carbs 2% RDA,

Sugar 2% RDA,

MAN

Calories 5% RDA,

Protein 2% RDA,

Fats 13% RDA,

Cholesterol 0% RDA,

Carbs 1% RDA,

Sugar 2% RDA.